

<p style="text-align: center;">Health Grade 1 (Building On What I Already Know) Apply Decisions (AP)</p>				
OUTCOMES	1 - Beginning The student is having difficulty demonstrating an understanding of the concept.	2 – Approaching The student is developing an understanding of the concept.	3 – Meeting The student consistently demonstrates an understanding of the concept or has achieved the concept.	4- Exemplary The student independently demonstrates an in-depth understanding of the concept, and consistently applies this knowledge to new situations.
<p>AP 1. 1 I can apply the steps of Stop, Think, and Do (with guidance) to develop healthy behaviours related to a healthy brain, heart, and lungs; healthy relationships; pedestrian/ street safety; and a healthy sense of self.</p>	<ul style="list-style-type: none"> · I can name the steps of “stop, think and do,” when making healthy choices. · I am starting to recognize, but with little or no reflection on, personal choices that I make. 	<ul style="list-style-type: none"> · I practice the steps of “stop, think and do” when making healthy choices, with guidance. · I can reflect on my personal choices, and my ability to use “stop, think, and do,” with guidance. 	<ul style="list-style-type: none"> · I practice the steps of “stop, think, and do” when making healthy choices. · I can reflect on my personal choices and my ability to use “stop, think, and do.” 	<ul style="list-style-type: none"> · I regularly apply the steps of “stop, think, and do” when making healthy choices in a variety of situations. · I regularly reflect on my personal choices and can provide evidence of why some choices are more successful than others.
<p>Comments</p>				